

Ready for All Hazards With ESP!



Are you prepared to survive a major earthquake, tsunami, fire, flood, act of terrorism, or other disaster?

This Emergency Survival Program (ESP) brochure provides you with easy-to-follow checklists to help you make the preparations you need. By following these simple guidelines, you can help prepare your family, neighborhood, business or school to be more self-sufficient after the next disaster.

Free information is provided regarding recommended monthly actions in the annual ESP Focus Sheets at www.espfocus.org. Other special edition publications are also available.

Don't let the next jolt or disaster catch you unprepared! Join with ESP and get ready for emergencies.

Preparedness is the Key!



The Emergency Survival Program (ESP) is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness.

ESP was developed by the County of Los Angeles in 1989 and is coordinated by fifteen counties (Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura); the Governor's Office of Emergency Services; Southern California Edison; the Southern California Earthquake Center; and the American Red Cross.

Call your local County Office of Emergency Services to find out how you can become a part of this important public information campaign or visit www.espfocus.org.



EMERGENCY PREPAREDNESS CHECKLISTS

10 ESSENTIAL ITEMS



For Your

- ☒ **Emergency Plan**
- ☒ **Emergency Supplies**
- ☒ **Evacuation**

Emergency Plan Checklist

10 ESSENTIAL ACTIONS

1. ☐ Learn the threats in your area
2. ☐ Identify meeting places
 - Outside of your home
 - Outside of your neighborhood
3. ☐ Select your out-of-state contact
4. ☐ Know your evacuation routes
 - Exits and alternate ways to leave home
5. ☐ Know the location of utility shut-offs
 - Water
 - Gas
 - Electricity
6. ☐ Know the policies of schools, day-care and adult-care centers
 - Emergency shelter/supplies
 - Transportation
7. ☐ Identify safe spots in each room to take cover, if needed
 - Under sturdy tables and desks
 - Against interior walls
8. ☐ Extra medications
9. ☐ Make special provisions for:
 - Children
 - Seniors
 - Pets
 - People with Disabilities
 - Non-English speaking
10. ☐ Schedule annual disaster drills

Emergency Supplies Checklist

10 ESSENTIAL SUPPLIES

Emergency Supply Kit

1. ☐ Water (three days to a week supply—one gallon per person per day—Remember pets)
2. ☐ Food (three days to a week supply of non-perishable foods and manual can opener—remember pets)
3. ☐ First aid kit and manual
4. ☐ Flashlights (and extra batteries)
5. ☐ Radio (and extra batteries)
6. ☐ Medications (over-the-counter, prescriptions, and prescription lists)
7. ☐ Cash and important documents (small bills and coins, deeds, insurance papers, medical cards, etc.)
8. ☐ Clothing and sturdy shoes
9. ☐ Tools (adjustable wrench, fire extinguisher, sturdy gloves, whistle)
10. ☐ Sanitation and hygiene supplies



See www.espfocus.org for more detailed information

Evacuation Checklist

10 ESSENTIAL ITEMS

1. *Emergency Supply Kit*
2. *Out-of-State Contact List*
3. *Cash and Credit Cards*
4. *Important Documents*
 - ☐ Social Security card
 - ☐ Drivers license
 - ☐ Passport
 - ☐ Medical card and records
 - ☐ Insurance information
5. *Change of Clothing*
 - ☐ For each family member
6. *Personal Hygiene Items*
 - ☐ Toothbrush and toothpaste
 - ☐ Shampoo and soap
 - ☐ Lotion
 - ☐ Deodorant
 - ☐ Kleenex and toilet tissue
7. *Family Photos*
8. *Baby Items*
 - ☐ Diapers
 - ☐ Formula
 - ☐ Food
 - ☐ Change of clothing
9. *Special Needs Items*
 - ☐ Wheelchair, canes, & walkers
 - ☐ Medications
 - ☐ Hearing aids (& extra batteries)
10. *Pet Care Items*
 - ☐ Identification & immunizations
 - ☐ Carrier or cage
 - ☐ Muzzle and leash
 - ☐ Food and water